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| **Goals** | **Description** |
| Lose 14 pounds. | * + workout for at least an hour, 4 times a week. 20 minutes of interval training on the treadmill, 2 minutes each (fast and medium), and weight training to create muscle confusion.   + drink no more than 3 soda pop a week and at least a liter of water a day.   get a personal trainer to help what watch my diet by regulating my food to no greater than 1800 calories a day and to guide me to creating a ideal body. (meet at least 4 times a week). |
| make more money than my father did. | * + Learn to play golf and socialize with people who contribute largely to the society’s economy.   + Learn 2 more languages to do business with more foreign countries.   Learn how to operate large companies and learn how the economy works through books and in college. |
| Get accepted into an art college. | * + Work hard on the portfolio to send to universities or colleges with a good art department near NYC.   + Go to exhibitions and galleries to acquire more inspirations for my art pieces.   study Art history and how the concept of art changed over the periods of times to achieve a better understanding of art. |
| Become an entertainer through either acting or music. | * + Keep making lyrics. Make at least 2 songs a month and record them. I may be able to send it to companies when I need to.   + Practice piano at least 3 hours a week and learn concepts of music to have a deeper understanding of music.   Keep in touch with the owners of acting companies in Japan and with Actors in Korea. Go to auditions and at least 1 audition every month. |
| Maintain a good relationship with Amy Choi. | * + Stay healthy and exercise together at least twice a week.   + Ask her on a date at least twice a month and always remember to be a gentleman by opening doors, pulling out chairs, and easy things that I can do to make her smile.   Be funny and comfortable. Never lie and be truthful at all times. Trust her and try not to make her cry, but only by joy. |